

Pittwater House Sport Activities

SWIMMING

Afterschool Swim Program (K-12)

Pittwater House now offers an Afterschool Swim Program on Mondays, Tuesdays and Wednesdays from 4.00 to 5.30pm in the School Pool. Information has been placed on Skoolbag. For further information, please contact Bernadette Johnson on: 0422 500 050 or email: <u>b.m.johnson@optusnet.com</u>

CIS Additional Entries – Senior School

There are several events swum at All Schools but not swum at CIS. These are also selected by CIS through a nomination process. These nominations close Monday 29 March via email <u>SportsOffice@tphs.nsw.edu.au</u>. Please let the Sport Office know if you would like to swim in any of the events below.

- 400m Freestyle
- 800m Freestyle
- 400m Freestyle
- 400m IM

Junior School Sport Results

STUDENT ACHIEVEMENT

Congratulations to Amy (J6) who last week competed in the 2021 Tennis World Canberra Girls Only Bronze Junior Tennis Tour. Amy was very lucky to get on court with the weather...she played most matches on the clay courts but had her final two games on the indoor courts. At the end of the competition Amy took out the 14 and Under Championships. Well done Amy.

BASKETBALL

Year 3 Pittwater Nuggets v Wizards (2 March 2021) Won 4-0

The Nuggets are off to an outstanding start to the season with a high energy victory over the Wizards. The boys competed well and took the game by the reins in the second half with Connor and Noah both scoring mid-range baskets. Their defence was impressive in the keyway and Spencer showed good pace with the ball in the open court. A well-earned victory to the Nuggets in their first game and a good sign of what's to come this season; well done boys!

Year 3 Pittwater Nuggets v Strikers (9 March 2021) Loss 6-12

The Nuggets fought hard in their second game of the season against a well experienced and tall Strikers team. The boys started strongly with a basket to Eric early on, however their opponents showed their class as they shot a high percentage from the field. The Nuggets competed well all game and showed good sportsmanship, unfortunately the Strikers strength was too much in the end and they were able to get easy put back lay ups and offensive rebounds. Good job by the Nuggets to compete and continue to improve as a team each week.

Year 5 Pittwater Warriors v St. Luke's (2 March) Loss 2-18

A tough fought game against a good opponent. The warriors gave themselves plenty of chances however couldn't convert and it seemed like there was gladwrap on the ring.

Year 5 Pittwater Warriors v OFG Heat (9 March) Loss 10-23

Coming up against a tough Oxford Falls team the Warriors were in for a battle today. The game started out going basket for basket with both teams scoring well. Throughout the game Oxford Falls continued at this pace and it was the opposite for the Warriors with our shots just not hitting towards the later parts of the game. A good job by the Warriors to keep playing until the final whistle.

Year 6 Pittwater Pacers v OFGS (3 March) Won 25-2

A great display of team basketball with everybody contributing great things. The Pacers moved the ball well and were able to find great shots for the whole game. Lots of effort and energy helped us to a 25-2 win!

PISA SPORT

Senior Cricket A v Oxford Falls Grammar School (12 March) Lost 55-62

Today we played Oxford Falls Grammar School. We lost for the first time this year. It was a very close match we scored 55 runs batting first and they scored 62. We were disappointed with our batting effort with only Lukas 11 runs and Harrison 10 runs and Miles 12 making double figures. We then bowled and our best bowlers was Miles who took 2 wickets in the final over.

Junior Girls Tee-Ball v Galstaun College (12 March) Lost 13-15 Runs

Today we played Galstaun College and we did ourselves very proud. We played their Years 5 and 6 girls and the game was played in great spirits. For their 3 innings they scored a total of 15 runs. Our fielding was better today but still a few things to work on. Again, we batted well. Annie our last batter smashed a ball at the very end that nearly won us the game but sadly we were 2 runs short and ended up on 13.

Junior Boys Tee-Ball vs John Colet (12 March) Friendly Game

The boys had a really productive training session this morning with everyone really switched on. We had a friendly game against John Colet which meant no points were up for grabs, but we were definitely hungry for another win. We took this as an opportunity to try new combinations and we found some great options for our next competitive game. We started slowly but got into the groove as the game went on and had two 123 innings.

Everyone played well and we know moving forward we have a few more options in different field positions. We are really looking forward to next week to continue to build on our skills and hopefully chalk up another win for Pittwater House.

SOCCER

CIS Primary Girls Soccer Trials

We sent our five top Primary Girls Soccer players to take part in the CIS Primary Soccer Trials that were held at Mamre Anglican School in Kemps Creek last Monday. Aaleyah, Regina, Trinity and Malia (J5) and Carys (J6) all participated in the selection trials for the CIS Primary Soccer Team. The girls were placed into one of seven teams on the day with over 80 other talented Primary Soccer students from NSW Independent schools.

Each team played five short games and the players were asked to play in several different positions during their matches. After lunch two teams were announced to stay behind to play in a possibles v probables trial match that was used to select the final CIS team for 2021. None of our students were asked to play in the final trial but they all displayed some great skills during their matches, and they all enjoyed the experience of mixing and playing with the other girls that were involved on the day. Congratulations to our students for representing our School at the trials and good luck to you all in your future soccer journeys.

SWIMMING

CIS Junior School Swimming Championships

Last week 9 students from the Junior School competed at the CIS Junior School Swimming Championships. Alastair (P2), Harvey (P5), Alex (P6), Max and Kyran (P6), Hana, Ellaline, Sadie and Olivia (J6) all swam well on the day competing against the best in the State. Congratulations to Sadie who will now compete at the NSW PSSA Swimming Championships at the end of March.

Senior School Sport Results

STUDENT ACHIEVEMENT

Congratulations to **Zara (C8)**, who last weekend competed at the 2021 Australian Open Water Swimming Championships at Coolum Beach in Queensland. Zara competed in the U14 girls 5k race at WON; well done Zara.

Congratulations to **Noah (G8)**, who has taken out the U13 Boys State Ironman Championships in Swansea last weekend; Well done Noah.

Congratulations to **Ruann (G8)**, who competed and won Silver at Athletics NSW Junior Championships on the weekend in Javelin, throwing 44.32m He has now been chosen to represent NSW at the Australian National Athletics Championships in April; well done Ruann.

BASKETBALL

Grammar 7 Pittwater Magic v OFGS Warriors (1 March) Loss 8-30

The Magic had a tough loss tonight in our second game of the season. Playing against a very strong side in OFGS. The boys kept their chins ups and kept playing right until the final whistle. Much to learn but a good show of character from the Magic boys!

Grammar 7 Pittwater Magic v Blobfish (8 March) Loss 12 - 26

The Magic suffered another tough loss tonight but once again showed no matter the score, they are still willing to try their hardest till the end. The boys all came off with smiles and understood what needs to be done next week.

Grammar 7 Pittwater Bulls v St Luke's (1 March) Win 52-8

The Bulls had a great start and finish to their game on Monday. The Bulls applied full court pressure to St Luke's forcing turnovers, allowing for easy layups to gain an early lead. The Bulls played hard and finished strong.

Grammar 7 Pittwater Bulls v Galstaun (8 March) Win 57-18

The Bulls made some silly errors and mistakes in the 1st half but after 10mins the Bulls started to find their rhythm. The Bulls played amazingly as a team, each player was unselfish and 100% of their effort was put into the game.

College 7 Pittwater Lynx v St. Luke's (1 March) Loss 12-24

The Lynx played their hearts out this game but unfortunately came up short in the end. The girls need to focus on making stronger crisper passes as a way to avoid silly turnovers. An emphasis on rebounds to not allow second chance points for the opposition will help secure wins in the future for the Lynx.

Grammar 8 Pittwater Nets v St. Augustine's (3 March) Loss 15-35

The Nets were still unfortunately battling injuries coming into this game. The big problem that has plagued the Nets for the past 3 seasons has been their lack of rebounding. This issue was exacerbated today due to their injuries. However, there was a bright spot this game with Tino who dropped a team high 10 points. Regardless of the score, one thing can always be said about the Nets, they always go all out, and they should absolutely be commended on that.

Grammar 8 Pittwater Nets v Bally Green Nets (10 March) Won 36-22

The Nets hit their groove early on this game against Bally and kept that momentum throughout the entirety of the match. The Nets followed the game plan immaculately, grabbing boards with ferocity, forcing the opposition's main scorer to their left hand and spaced the floor to allow scoring opportunities to present themselves. Big congrats to the Nets on what I think was one of their best games ever.

Grammar 8 Pittwater Clippers v St. Augustine's (3 March) Loss 15-19

The Clippers had a fantastic game. They played with a lot of heart and intensity. Their unselfish passing and solid defence allowed for a lot of scoring opportunities that were unfortunately unable to be converted. The boys had a new addition to the team in Iggy who provided some much-needed help on the rebounds. The Clippers just need to tweak their shooting technique in order to develop more reliable shots.

Grammar 8 Pittwater Clippers v OFG Bears (10 March) Draw 16-16

The Clippers dominated the first half in what was an extremely physical game against Oxford Falls. Going in the second half, the Clippers were up by 10 and feeling confident, however they went away from what got them the lead in the first place. Countless silly passes and turnovers from the Clippers allowed the opposition to slowly crawl back and make the lead smaller. On the last play of the game, up by 2, the boys threw another bad pass which resulted in an advantage for the other team. Thankfully they missed the extra free throw and as a result, the game ended in a draw. Stronger passes from the Clips throughout the game would've resulted in a resounding win.

College 8 Pittwater Mystics v Mosman (1 March) Loss 8 – 40

A tough game for the Mystics, who faced up against a strong Mosman team who had a few strong girls. Our girls to their credit, kept trying and fighting till the final bell. They played some strong defence, but the Mosman girls could not seem to miss. Unlucky girls!

College 8 Pittwater Mystics v St Luke's (8 March) Loss 10 – 30

The Mystics girls had a tough loss tonight. Unfortunately, we were short-handed tonight which left our girls having to play bigger minutes than usual. The girls however to their credit continued to try their hearts out until the last minute.

College 8 Pittwater Spirit v Oxford Falls (1 March) Win 28-26

The Spirit had a great battle this game. The girls were constantly swapping the lead with the opposition, fighting to get out in front all game. The girls kept grinding it out and with a couple of game clinching baskets from Philly and Mirabelle the Spirit earned a hard-fought victory.

College 8 Pittwater Spirit v Sharks (8 March) Win 27-7

The Spirit displayed great unselfish basketball against the Sharks. Not only were their passes great, their shooting and consistency on layups were as well. They bolstered their offensive efforts with some stifling defence, getting in the passing lanes and collecting a bunch of steals which lead to the layups. Going into the second half, the Spirit's shooting had cooled off slightly, but with their continued endeavours on defence, it didn't matter as they held the Sharks to 2 points in the second half. Well done girls.

Grammar 9 Pittwater Kings v St. Luke's (4 March) Loss 23-25

The Kings started off extremely well this afternoon, playing some great containment defence and not allowing any easy buckets. They also were able to look after the ball and make some good decisions to score well in the first half. Unfortunately, the second half almost saw the complete opposite, where we couldn't buy a bucket and started to not value looking after the ball. Despite this, we did enough to stay in the game just falling short at the end.

Grammar 9 Pittwater Kings vs Bally Boys (11 March) Draw 31-31

The first 5 minutes of the game were all about the Kings. Their prowess on both sides of the floor allowed them to dictate the pace of the game. After a timeout though, the Kings went away from what got them the lead in the first place. Going into the second half the Kings were down on the scoreboard but at no point did they ever give up. Their persistence and their tenacity on defence, along with a scoring barrage from Jett, allowed the Kings to get back within 2 points. On the last 20 seconds of the game, Jett hit a shot to tie up the scores and immediately followed it up with a steal and got fouled on the buzzer. Sadly, neither of the free throws were converted so the result ended in a draw, but the Kings should be applauded for sticking with it and battling throughout the entirety of the game.

Grammar 9 Pittwater Knicks v Saints Clippers (4 March) Loss 15-29

The Knicks started strong against Saints creating an early lead over them. The Knicks defence kept Saints to limited scoring opportunities throughout the first and second half but the last 5mins of the game the Saints secured the game.

Grammar 9 Pittwater Knicks v Bally Boys (11 March) Loss 27-29

The Knicks fell short against Bally, costly mistakes in the first half allowed Bally to gain a early lead. The Knicks in the second half turned up the energy and intensity and started to slowly close the gap in Bally's lead but couldn't get the win in the end.

College 9 Pittwater Flames v St Luke's (3 March) Won 50-2

Our first game of the season and we played St Luke's with 4 players. Luckily for us, our 4 were really strong! We ended up beating St Luke's by a whopping margin due to some really good unselfish basketball. Very excited to work with these girls the rest of the way.

College 9 Pittwater Flames v St. Luke's (10 March) Won 46-20

The Flames went on a tear in the first half of the game, only allowing the opposition to score one point. Their stifling defence was accompanied with some excellent unselfish passing and pinpoint shooting. While they continued to pile on the points in the second half their defence slipped up a little and allowed the other team to score 19 points. Some more consistency on the defensive end and the Flames will be unstoppable.

College 10 Pittwater Pelicans v St Luke's (3 March) Won 20 -16

The Pelicans had a cracker first match. They play with pace and poise! They managed to outscore St Luke's well in the first half which set us up to take home the win! All the girls really impressed me as they reacted to the defence quickly and efficiently. I look forward to working with these girls for the remainder of the season.

College 10 Pittwater Pelicans v Stella (10 March) Draw 22-22

A closely contested battle for the Pelicans tonight! We had a big lead to start the second half but were unable to weather the storm of Stella's second half surge. We ended up giving away some easy baskets and finishing the game drawn at 22 apiece. Unlucky result but a good performance none the less.

Grammar 10 Pittwater Pistons v Raidercorns (4 March) Loss 35-41

Another close game for the Pistons tonight against a physical, athletic opposition. The boys played some great defence for the majority of the game, unfortunately we weren't able to finish off the possessions with rebounds and gave up way too many easy finishes around the basket as a result. This proved to be the difference in the game and we just couldn't catch up in the end but proved to be a valuable lesson moving forward.

Grammar 10 Pittwater Pistons (11 March) 36-43 (Loss)

The Pistons came up against another aggressive opposition this afternoon down a couple of players due to injury and due to the physical nature of the game, a few of the players ended up in foul trouble. We struggled to keep the opposition out of the paint today and this proved to be the difference in the game.

Grammar 10 Pittwater Celtics v NSHS (4 March) Won 35-24 The Celtics only had 4 players for the entire first half and believe it or not, they held the lead for the entirety of it. The boys paced themselves, picking and choosing when to push and attack and when to slow it down and catch their breath. At half time, we had an extra player show up and from them on, the boys were able to go full out for the remainder of the game. A huge emphasis on interceptions and straight-line drives allowed the Celtics to clinch the win.

Grammar 10 Pittwater Hawks v Cromer 10 (4 March) Lost 53-10

The Hawks had a tough game against Cromer 10. The Hawks played great defence limiting Cromer 10 to take tough shots. The Hawks played with effort and intensity throughout the game.

Grammar 10 Pittwater Hawks v Nets (11 March) Loss 16-25

The Hawks had a tight game against the Nets with each team playing hard to the last seconds of the game. Hawks showed that they have the talent to compete against some of the top teams in their division, through sportsmanship and teamwork.

Grammar Opens Pittwater Hornets v Bulls (5 March) Won 50-25

The Hornets started and finished strong. Hornets dominated the offensive rebounds and the defensive pressure allowed the Hornets, to walk away with a win.

Grammar Opens Pittwater Hornets v 97ot (12 March) Won 38-16

Hornets were dominant from the jump ball to the end. Hornets took over on the offensive rebounding and excellent ball movement to secure the win over 97ot. Excellent game by the Open boys' Hornets

Grammar Opens Pittwater Rockets v Reds (5 March) Loss 19-55

The Rockets started strong against the Reds playing great defence. In the 2nd half the Reds pulled out a 1, 2, 2 trap, forcing pressure on the ball, leading them to the victory.

College Opens Pittwater Suns v St. Luke's (5 March) Loss 13-18

With only 5 players the girls were up for a tough one, they played hard and did a great job keeping the game close against a tough opposition. However, the ball just didn't bounce our way today.

College Opens Pittwater Suns v OFG Hawks (12 March) Loss 21-24

Having only one sub for our game today, the girls were going to be in for a tough one. Oxford Falls got out to a strong start, but the Suns answered back with a good run of their own. Some great defence leading to quality offence for the Suns kept us in the game. The score was within a couple of points for the entire game creating a good showing for the spectators. Unfortunately, it wasn't to be for the Suns as Oxford Falls hit some crucial shots at the end to give them the win. Great effort girls!

College Opens Pittwater Opals v OFGS (5 March) Loss 4-18

The Opals unfortunately couldn't buy a bucket today. The shots they took were actually good open shots, they just simply couldn't make them. The girls need to focus on defence when their offence is lacking. Shoutout to Mikayla who had all 4 points this game. Keep your heads-up girls, stay positive.

College Opens Pittwater Opals v TPHS Jazz (12 March) Loss 12-22

The Opals got the best of the Jazz in their first matchup however it was the Jazz who got the upper hand during this rematch. Both teams were neck and neck for the first half, trading baskets. The effort and intensity from the girls were top notch but sadly, the baskets dried up for the Opals in the second half and the contest slowly began to be out of reach. Regardless of the score, the Opals kept playing hard until the buzzer went off.

Grammar Opens Pittwater Heat v St. Augustine's (5 March) Loss 43-48

The boys came up against a very talented and experienced St. Augustine's team tonight and battled the whole game to play one of our better games of the year so far. Despite playing against a more fancied opposition filled with representative players, the Heat never backed down and played some good basketball and ended up with a shot to tie it in the final minute. Great game boys

Grammar Opens Pittwater Heat v KHHS (12 March) Draw 39-39

After playing some good basketball over the last few weeks in all of our external tournaments and competitions, the boys started out very sluggish tonight and this made us have to play catch up for the majority of the game. Despite it not being very pretty, the boys continued to battle all game and we worked our way back to where Sam tied the game with a 3 in the last 30 seconds. All things considered this ended up being a good result.

College Opens Pittwater Jazz v St. Luke's (5 March) Loss 10-13

It was a low scoring game for both teams. The pace of the game was also quite slow, limiting the number of possessions and opportunities to score. The girls trailed most of the game but were able to bring it within 3 points towards the end. Lexi had a wide open 3 to tie the game but sadly the shot just missed, and the Jazz ended up with the loss. The Jazz should be commended on matching the other team's physicality and didn't back down at all.

College Opens Pittwater Jazz vs TPHS Opals (12 March) Win 22-12

After not getting the win against the Opals in the first match up, the girls were desperate to even the score leading into this game. It was a very even game in the first half with both teams exchanging baskets and the Jazz defence tightened up in the second half which allowed them to come away with the win. Great job girls!

CDSSA Gala Day Tournament and Selection (8 February)- Opens and Girls

Opens Boys Championships

Our boys got off to a sluggish start to the day and ended up losing a game that they were in control of, against Emmanuel. In this type of tournament play, this can hurt you, but the boys rebounded well and won the remaining games in their pool. The early loss meant a tougher cross over in the Semi Final against Moriah College and the boys started well but Moriah started making all their jump shots at the beginning of the second half and unfortunately, we couldn't catch up. We ended up playing Emmanuel again in the game for third or fourth place and we were able to make amends for the earlier loss and ended up finishing the day in 3rd place. As the day also served as a selection process for the CDSSA team to play at the AICES Championships, special mention must go to Jett and Colm who were both selected for the CDSSA team.

Opens Girls Championships

Even though it is an Opens Girls tournament, the TPHS team was full of young and up and coming talent at the school. With our oldest players being in Year 10, all the girls still have at least two more years to come back and play in this tournament. The girls battled and played hard all day and despite coming up against some tougher, much older opposition played very well and ended up the day in the playoff for 5th and 6th and came away with the win to finish in 5th place. The future looks bright for the TPHS girls' side and special mention must go to Phileinne who was selected in the CDSSA team to play in the AICES Championships.

AICES Cup- Open Boys' Basketball (17 February)

Our Opens Boys team has quite a hectic start to their Basketball in Term 1 and the chance to compete to be crowned as AICES champion was something that we were focused on. We started the day off with a great win over Emmanuel and that set the tone for the rest of the day and the type of Basketball that we would play. We lost one game in pool play against Central Coast Adventist School and put ourselves in a position to still compete for the championship with a cross over in the semi-finals if we won our last pool game. We came up against the defending champions in SEDA College in the last pool game and played some great Basketball (particularly in the second half) and came away with a one-point win which set us up well for our semi-final match up.

We came up against Moriah College in the Semis and played with them the whole game, with it being a one possession game into the last minute. Unfortunately, with the way the tournament is and the clock not stopping once we weren't able to score in the last minute it was game over. Because of our great play in the pools this meant that we finished the day in third place out of all the schools in AICES which is a great result!

AICES Opens Boys Championships (2 March)

Today saw Jett and Colm representing the CDSSA team for a chance to be selected in the AICES Open Boys team. The CDSSA team played some good Basketball and managed to go undefeated in pool play and thus, win their pool. Unfortunately, due to an unexpected loss in the other pool this meant that they crossed over to play HRIS in the Semi-final and the boys played well but lost to the eventual champions. CDSSA then played off for 3rd and 4th and came away with a comfortable win to finish the day in 3rd place. Special shout out to Jett who was selected to the AICES 1st team and to Colm who was selected as a Shadow player.

CDSSA Weekly Competition- Open Boys

Game 1 - Open Boys v SEDA College (10 February) Win 73-61

In the first week of this new initiative by CDSSA to play a weekly competition and then a Grand Final to determine the CDSSA champions, our Opens boys came up against the defending champions in SEDA College. The boys started off a bit sluggishly and allowed way too many points in the first half. Our talk and communication were lacking and led to too many easy baskets for SEDA. Our goal in the second half was to make them contested jump shooters and look after the ball offensively, which we were able to do, and it meant we came away with the win. Great start boys!

Game 2 - Open Boys v Emmanuel (24 February) Win 101-71

Again, the boys started off sluggishly not looking after the ball and not communicating defensively. At half time we were able to make some adjustments and our play in the second half was much better. All 10 players ended up contributing well and we went on to get a great win, sharing the ball well with everyone scoring and getting over 100 points for the first time.

Game 3 - Open Boys v IGS (3 March) Win 82-68

IGS presented an unusual match up for us today, as they stayed in a zone defense the whole game and had one dominant scorer that took most of the shots and was looking to be aggressive in every possession. We ended up doing a much better job defensively on him in the second half and figured out their zone and were able to come away with a great win.

Game 4 - Open Boys v Reddam House (10 March) Win 59-32

Then Opens Boys were pumped to host their first game of the season at School in front of their family, friends and some staff who came down to show their support also. We got off to flying start in the first half, making 3 pointers after 3 pointer and playing some of our best defence so far this season. The first half finished with Colm flushing a monster two handed slam, much to the shock of Dr Hillier! The second half saw our offense dry up a little, but the pleasing thing was our defence was still good enough that it didn't matter and in the end we came away with a great win. This win guarantees us a grand final spot and a chance to play for the CDSSA championship!

HOCKEY

AICES U16 and Open Girls Hockey Trials.

Last Wednesday we had three students from our girl's College take part in the AICES Hockey Trials at Central Coast Hockey Centre. Hannah (C7), Ruby (C10) both played for the WAS team in the U16 's trial games and Kasey (C11) played for the Open WAS team.

During a long day where each team played five matches for WAS, the players were all watched closely by the selectors who were there to select this year's AICES representative teams. Ruby who largely played in the right-side mid field position was busy all day covering a lot of ground and displayed some solid passing and defensive skills. Hannah was one of the youngest girls on the team and she played in the right-side fullback position. Hannah showed some very accurate long passing skills and good tight marking of her opposition player.

Kasey played in the winning WAS open team who took out the Championship on the day. Kasey was dominant in her mid-field roll linking with her forwards when in attack and cleaning up a lot of opposition attacking raids. She was one of the top players in her team and has been once again named in the AICES Open Girls team to contest the State Championships. Well played ladies and good luck to Kasey in the Championships.

WATER POLO

Pittwater Open Girls v Redlands (19 March) Draw 4-4

Last Friday night the Open girls water polo team played for the first time in the local competition in almost 2 years. With a new coach on board Marko who brings a wealth of experience as both a player and coach, the team had a great time playing together and are looking forward to the 2021 season.